

Recess Update!

At least 30 minutes of play everyday

Gardening for Health: Plant the seeds of health by growing your own food.

Our third graders are laying the ground work for our school garden. Watch our healthy snacks grow... cucumbers, carrots, beets, radish and collards....Yummy!



Star Parent:
Jason Harris Sr.
Thank you for supporting our
KBA Basketball Program
& Open Gym



1
PARENTS
Encourage and support active & healthy lifestyles at home.

2
TEACHERS
Lead students in various Recess activities every day for 30 minutes.

3
COMMUNITY ALLIES
Use skills & abilities to inspire students to be healthy leaders of their own communities!

Everything You Eat & Drink Matters – Focus on Variety, Amount, and Nutrition

What and how much you eat and drink, along with regular physical activity, can help you manage your weight and lower your risk of disease.

Upcoming Events

- Open Gym Mondays Wednesdays and Fridays from 8-9am
- Walking and Rolling Wednesdays 8:15am - 9am , Walk or Bike with us every Wednesday
- April 28th Daddy Daughter Dance
- April 28th MCC Summer Camp Enrollment. For an application contact the main office.
- May 10th Roller Skating Activity
- May – June Student Cooking Matters Six Week Course.

Eagles Fitness Club



April 5th – June 14th
Every Wednesday
8:15am – 9:00am
Meet us in the Gym

Stroll along our Eagle's Indoor/Outdoor Walking Path Or ride on our stationary bikes or cycle outdoors.

Recess Rules

- 1. Respect The Game**
- 2. Play Hard**
- 3. Have Fun**

As the weather breaks, let's be sure to enjoy outdoor recess activities.

A system is in play for recess every day. Teachers should be leading recess. We will maintain a recess coach to assist with our recess plan till the end of the school year.



TEACHERS , just a reminder, your monthly activity logs are to be done electronically . Please track activity for one week and submit your log. If you have any questions or need assistance, please contact Mrs. Brown

VOLUNTEERS are wanted for our school activities. Make time to make a difference. Contact our school office or ext. 3020

Thank you for supporting Recess!

Recess Team: Room 122E ext. 1225 **Program Coordinator:** Jackquelyn Snowden Brown



School #19 on the move with nutrition and physical activities

